

Cornmeal Muffins

- (1) Use $\frac{1}{3}$ cornmeal and $\frac{2}{3}$ white flour.
- (2) Use $\frac{1}{3}$ cornmeal and $\frac{2}{3}$ whole wheat flour.
- (3) Use $\frac{1}{3}$ cornmeal and $\frac{2}{3}$ Graham flour.

Oatmeal Muffins

- (1) Use $\frac{1}{2}$ Scotch oatmeal (medium) and $\frac{1}{2}$ white flour.
- (2) Use $\frac{1}{3}$ oatmeal and $\frac{2}{3}$ whole wheat flour.
- (3) Use $\frac{1}{3}$ oatmeal and $\frac{2}{3}$ Graham flour.

SAVE SUGAR by substituting in the above recipes one of the following :

- (1) 2 tblsp. honey.
- (2) 4 tblsp. maple syrup.
- (3) 4 tblsp. corn syrup.
- (4) 2 tblsp. molasses. When using molasses add $\frac{1}{4}$ tsp. baking soda and use only 2 tsp. baking powder.

Class II. — Muffins with Eggs.

BASIC RECIPE (10 muffins).

2 cups flour	4 tsp. baking powder
2 tblsp. sugar	$\frac{3}{4}$ cup milk (about)
$\frac{1}{2}$ tsp. salt	1 egg.
2 tblsp. shortening (melted).	

Mix and sift dry ingredients. Beat egg, add milk ; gradually add to dry ingredients. Beat well ; beat in the shortening. Turn into greased tins and bake in a hot oven 25 minutes.

Any combination of flour given in Class I may be used in this recipe with excellent results.

Rye Muffins

- (1) Use $\frac{1}{3}$ rye flour and $\frac{2}{3}$ white flour.
 - (2) Use $\frac{1}{3}$ rye flour and $\frac{2}{3}$ Graham flour.
 - (3) Use $\frac{1}{3}$ rye flour and $\frac{2}{3}$ whole wheat flour.
- Note : Rye flour muffins require an egg to make them light.